



## Sample Eligibility List of Qualified Medical Expenses & Over-The-Counter Items

### Common Qualified Medical Expenses

Acupuncture	Inpatient alcoholism treatment
Ambulance	Insulin
Artificial limbs	Laboratory fees
Birth control treatment	Laser eye surgery
Blood sugar test kits for diabetics	Medical alert bracelet
Breast pumps and lactation supplies	Medical records charges
Chiropractor	Occlusal guards to prevent teeth grinding
Contact lenses and solutions	Orthodontics
Crutches	Orthotic Inserts
Dental treatments (including X-rays, cleanings, fillings, sealants, braces and tooth removals)	Over-the-counter medicines and drugs
Denture adhesives	Physical therapy
Doctor's office visits and co-pays	Pren-natal vitamins
Drug addiction treatment	Speech therapy
Drug prescriptions	Stop-smoking programs (including nicotine gum or patches, if prescribed)
Eyeglasses (Rx and reading)	Surgery, excluding cosmetic surgery
First aid supplies	Vaccines
Fluoride treatments	Vision exam
Feminine hygiene products	Walker, cane
Fertility enhancement (including in-vitro fertilization)	Wheelchair
Flu shots	
Hearing aids and batteries	
Infertility treatment	

### Common Over-the-Counter (OTC) Medicines - Examples of some, but not all medicines Include:

Acid controllers	Cough, cold & flu remedies
Acne medicine	Decongestants
Aids for indigestion	Diaper rash ointments
Allergy and sinus medicine (e.g. Benadryl, Claritin, Sudafed)	Ear supplies (e.g. wax removal)
Anti-diarrheal medicine	Eye drops*
Anti-fungal medications	Feminine antifungal or anti-itch products
Anti-itch medications	First aid creams
Cold sore medications	Gastrointestinal aids (e.g. antacids)
	Hemorrhoid treatment

## **Common Over-the-Counter (OTC) Medicines Continued**

Lactose intolerance pills	Toothache relievers (e.g. Orajel)
Laxatives or stool softeners	Topical ointments for gingivitis
Lice treatments	Tylenol, Advil, Motrin)
Menstrual Care Products	Wart remover medications
Motion sickness medicines	Yeast infection creams
Nasal sprays or drops	
Ointments for cuts, burns or rashes	
Pain relievers (e.g. aspirin, Excedrin, or ibuprofen)	
Sleeping aids	
Smoking cessation medications	
Stomach remedies	
Suppositories	

## **Ineligible Over-the-Counter (OTC) Items -** Examples of some, but not all ineligible items:

Aromatherapy	Insect repellants
Baby bottles and cups	Lip balms (e.g. Chapstick, Blistex)
Baby diapers	Lotion
Baby oil	Low-calorie foods
Baby wipes	Mouthwashes
Breast enhancement	Petroleum jelly
Cosmetics and skin care	Shampoo and conditioner
Cotton swabs	Spa salts
Dental floss	Sport energy liquids, bars, etc.
Deodorants	Stay awake aids (e.g. No Doz)
Deodorants, Shampoos, Soap	Teeth whitening products
Face creams, lotions, moisturizers	Toiletries
Hair re-growth supplies and/or services	Toothpaste, toothbrush
Hair removal products	Wrinkle reducers
Health club membership dues	
Humidifier	

\* Please note that this is not a full list of items. This list is to help guide plan participants on eligible and ineligible over-the-counter expenses. Participants should check their plan highlights to determine if an expense is eligible.